

# Hands and Feet

## Description:

Children will trace their hands and feet and create a line pattern within the tracings.

## Materials:

white paper, pencils, markers, safety scissors, glue, construction paper

Optional: paint, paintbrushes, water, containers

**Standards:** 2

**Concepts:** Balance, pattern, line, and shape

**Level:** Pre K–3



## Procedure:

Have your child take off her socks and shoes. (You do likewise.) Lay a sheet of paper on the floor, and have your child trace her feet, one at a time, using a pencil. Then have her trace her hands. If the paper is too small, use another sheet. When the tracings are complete, have your child use markers to fill them with lines, shapes, and patterns. The tracings can then be cut out (with assistance if necessary), glued on a piece of construction paper, and hung on the wall.

## Extension:

Get the whole family involved in creating self-portraits of hands and feet. Set up a paint station outside on a warm day. Then have your child step into paint and walk across a large sheet of paper, making footprints. Young children, in particular, will have great fun with this activity and will enjoy it even more if you get involved.

## Just for Kids:

Many designs can be made by using only lines—lines that are jagged, smooth, circular, zigzag, fat, or thin. You can make a pattern by repeating lines. Trace your hands and feet. (You will have to take your socks and shoes off, and it might tickle a little at first.) Now make lines with markers inside your tracings and turn the lines into patterns. How many different patterns can you create? When you're finished, cut out your picture and hang it on the bedroom wall.

